

# Woman's Page

## War Time Warnings Home Helps

Now that our country needs every mother's daughter of us in her hour of need, there is no greater way in which we can help her than to keep our health.

To be healthy is the first qualification for usefulness and service. Each one needs at least an hour and a half of outdoor exercise daily. They make the soldier take more than this. Walking is for most people the best and easiest way to get it. Any kind of outdoor work is just as good.

Outdoor life is one of the greatest values in the scheme of existence. Plan to go camping, even if it is only for a week and in your own back yard. The night has lessons for us that do not come during the daytime. Sometimes it seems that the stars say things to us. The gentle whispering of the leaves is different at night. Night silences speak as day silences do not.

Sitting around the fire at night quietly thinking, occasionally speaking, knits people up together into the great tissue of life in a marvelous way.

After a 10-mile hike come back to your yard and cook the simple meal around the open fire. It will be a new world to you—a new physical world, a new spiritual world.

Face the hardships. Don't try to make them too easy. Learning is what life is for. Of course, you can get into your house if it rains too hard, but don't.

Learn how to fight it out with big fires, blanket shelters, also with singing in joyous mastery. There is no use in being soft in body or fearsome.

## REGULATING CLOTHES

Fashion once pre-empted this job. Most countries have hitherto followed "style."

Her commands have been most arbitrary and whimsical at times.

Fashion no longer rules in sane lands, at least, but the imperial decree does.

"Clothes rationing" have been prescribed for the Germans according to a recent dispatch.

A woman is allowed to have two everyday dresses, one Sunday dress, one extra skirt, two blouses, two outside wraps, one dressing gown, three aprons, four pairs hose, one pair gloves, six handkerchiefs, four chemises, three each of nightgowns, underwear, petticoats and shoes, one pair slippers.

Men can have one every-day and one Sunday suit; one overcoat or cape, two each of smocks (or jerseys), waistcoats, pairs working trousers, nightgowns; three each of shirts and suits of underclothes; four pairs hose; one pair gloves and six handkerchiefs; both men and women must use not more than three and a quarter yards of material for a suit or dress, and must use simple models.

## A LOVELY COMBINATION

A combination is of linen with hand-embroidered scalloped edges, and embroidered eyelets, through which are slipped broad ribbons. It is cut low, in a deep V at the back, fastening at the waist with one button. Of course, a woven tie, or a combination may be substituted for the hand-made linen, but the whole eyelets run through with broad ribbon are a feature at once French and "chic," which might make a thing of daintiness of the simplest garment. The French woman removes the ribbon, which is washable, and rolls it upon an empty spool, thrifflily, as it is not necessary to wash the ribbon at every laundering of the combination.

## SUITS FOR LITTLE BOYS

Jackets That Have Nice Pockets Over the Pleats.

Good-looking suits for little boys are of white mohair, the jacket pleated in groups below a straight yoke, and having patch pockets over the pleats, midway below yoke and belt. Instead of a flat sailor collar or round Eton, the little jacket has a coat collar and narrow lapels; and, altogether, the garment has a decidedly military suggestion which greatly appeals to the small boy. Short knee breeches of the white mohair accompany the pleated jacket.

## BEADS

They cannot err.

Or rather they do not.

They may be in many colors.

Or they may be in only one.

White beads figure on a green muslin.

Blue beads adorn a simple affair in white.

These beads look like those used in Indian work.

There must be only just enough of this sort of trimming.

## MIXED VEGETABLE SANDWICHES.

Mix the solid portion of raw tomato, dried cucumbers, chopped tops of green onions and diced bacon with cottage cheese and place between slices of buttered bread.

## As Pure As the Lily

and as clear and soft. Your skin and complexion will always have a wonderful transparent lily white appearance if you will constantly use

## Gouraud's Oriental Cream

Sent 10c. for Trial Size  
FERD T. HOPKINS & SON, New York

## LADIES \$1000 REWARD!

I positively guarantee that any woman who will take the longest, most obstinate, abnormal case (10 to 15 years) No harm, pain or interference with work. Mail \$100. Double strength \$2.00. 100% GUARANTEE. Write today. Dr. B. D. Southington Remedy Co., Kansas City, Mo.

## Uncle Sam's Thrift Thought for Today

TUESDAY

MILK TOAST

Don't throw away stale bread and leftover skim milk. Madam Housewife. From now you can make that simple and well-known but nourishing dish, milk toast, the United States department of agriculture points out. This makes a good dish for breakfast, luncheon or supper, especially for children.

Heat the milk. Add a small quantity of butter and season to taste with salt. Pour white hot over well toasted stale bread and serve.

## GAS IN THE STOMACH IS DANGEROUS

Recommends Daily Use of Magnesia To Overcome Trouble, Caused by Fermenting Food and Acid Indigestion.

Gas and wind in the stomach accompanied by the full bloated feeling after eating are almost certain evidence of the presence of excessive hydrochloric acid in the stomach, creating so called "acid indigestion."

Acid stomachs are dangerous because too much acid irritates the delicate lining of the stomach often leading to gastritis accompanied by serious stomach ulcers. Food ferments and sours creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

It is the worst of folly to neglect such a serious condition or to treat with ordinary digestive aids which have no neutralizing effect on the stomach acids. Instead get from any drugstore a few ounces of Bisulphate of Magnesia and take a teaspoonful in a quarter glass of water right after eating. This will drive the gas, wind and bloated right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation and there is no sourness or pain. Bisulphate of Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and the best form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.—Advertisement.

The last great picture before we close for remodeling, "Captain Alvarez"; this is an exceptionally thrilling picture. Utah, popular plays and players. Phone 3060.

## IN A MUSIC STORE.

The music store lady smiled.

"What do you think that girl wanted?" she said to a steady customer.

"Give it up."

"Well, she asked for 'The Eb Waltz'."

"That anything like the 'Flo Waltz'?"

"It was neither Eb nor Flo she wanted, and in fact I drifted with the tide a long time before I found out just what it was."

"What was it?"

"It was Durand's waltz in E flat. She thought E flat on the title was 'eb'. You know how it looks."

"Yes, I suppose you hear some odd things in the way of titles."

"Yes, I heard one just a few minutes ago."

"What was it?"

"A stout young woman came in and asked for Chopin's Faults."

"And she wanted—"

"Chopin's waltz, of course."

—Youngstown Telegram.

## Headache-Depression FROM KIDNEY DISORDERS

Indiscretions in eating and drinking bring on such troubles very gradually, sometimes—at other times quickly.

## BALMWOOD TABLETS

will bring the desired benefit if such symptoms are present as these.

## ABOUT THE HOME.

When you use enamel articles for the first time grease them and they are not so likely to chip.

Grease the cup in which you measure molasses and every drop of molasses will come out.

When fruit leaves a stain on the teeth it should be removed at once by rubbing on a little salt.

When boiling a custard add about half a teaspoonful cornstarch; this a little ball of sealing wax on the end of a knitting needle will keep the knitting from sliding off.

Try fastening the elastic on your motor hat with a hook and eye and see what a convenience it is.

A tiny amount of lemon juice added to cream while whipping will help it to "fluff" more rapidly.

The dishcloth is a poor thing with which to wipe pots and pans; it is not free from soap and grease.

Every bathroom should have a clock in it as a gentle reminder to each occupant not to waste time.

In preparing dates for dessert wash and drain them; they will be much juicier and more palatable.

Sprinkle a little flour in the hot fat before frying with it and it will not be nearly so likely to spatter.

Wages of colored workers in this country average \$8.63 a week.



Lily Leonard, one of the beautiful principals in the Joyous Musical Furore, "Flora Bella," direct from the Casino Theatre, New York, coming to the Orpheum Theatre Monday, July 16th.

## H. P. BARBER DROWNED AT HOWELL, UTAH

LOGAN, July 9.—The relatives and friends of Raymond Barber of Logan were shocked when they learned that he had been drowned Sunday evening in a reservoir at Howell.

Mr. Barber and his younger brother were working on their father's farm and went for a swim Sunday evening. The younger brother, Wendell, became distressed and Raymond came to his assistance. When Wendell became conscious he was lying on the bank of the reservoir, but Raymond was nowhere to be found. An alarm was given and in a short time the body was found at the bottom of the pool.

Just how Raymond lost his life remains a mystery. The last that the younger brother remembers is that his older brother was trying to assist him.

Raymond Barber was 26 years of age and the son of H. P. Barber, a prominent citizen of Logan, who was formerly manager of the local branch of the Consolidated Wagon & Machine company.

The body has been brought to Logan, where the funeral services and burial will take place.

Just before we close for remodeling, Thursday, you should not fail to see the thrilling drama, "Captain Alvarez," Utah Theatre, popular plays and players. Phone 3060.

## CRISIS WILL END IN COMPROMISE

Berliner Tageblatt Doubts That Chancellor Will Be Deposed From Office.

## RETIREMENT RUMORS

Foreign Secretary Zimmermann and Admiral Von Capelle Slated for Removal.

COPENHAGEN, July 10.—Theodor Wolf of the Berliner Tageblatt doubts whether Chancellor von Bethmann-Hollweg will be deposed, anything beyond the usual compromise will emerge from the present political crisis in Germany.

Reports on the crisis are that Foreign Secretary Zimmermann retires with Admiral von Capelle, who succeeded Admiral von Tirpitz as head of the ministry of marine and that Dr. von Bethmann-Hollweg and Lieutenant General von Stein, Prussian minister of war and state, opposed vigorously the idea of peace without annexations and that General von Stein read a letter from Field Marshal von Hindenburg to bolster up the submarine policy.

Discussion before the reichstag main committee, in the course of which the chancellor again spoke, adjourned to Tuesday morning.

## KRUPP WORKS ARE PARTLY DESTROYED

AMSTERDAM, July 10.—Les Nouvelles de Haecht, Holland, reports that Dutch workmen who were laid off at the Krupp works on account of the destruction of buildings in the recent French air raid, assert that a "quarter of the Essen plant was destroyed." The material damage is placed at millions of francs and it is said that 100 employees were killed and hundreds of others, including forty-five French prisoners, wounded.

One, and possibly two, French airplanes dropped bombs on Essen last Friday. The official German report of the raid said only two bomb holes were found.

UNFILLED U. S. STEEL TONNAGE NEW YORK, July 10.—The unfilled tonnage of the United States Steel corporation on June 30, 1917, was 11,383,287 tons, a decrease of 502,304 tons compared with the figures for May 31.

## HEALTH TALKS

By WILLIAM BRADY, M.D.

The Week End Rest for the Weak

There are thousands of young people who are a little frail, below par, not quite sure whether or not they have incipient pulmonary tuberculosis. Underweight, nervous, perhaps anemic, or just weak constitution. For such young people there is much to be gained from the week end in bed. Especially if nervous exhaustion or neurasthenia is a symptom.

The popular name for pulmonary tuberculosis, consumption, signifies that excessive demands upon the body substance causes excessive waste of tissue which is conserved by rest.

No matter what the diagnosis, if weight is below the normal average for age and height, and especially if there is lack of nervous energy, rest in bed is a good remedy. And no matter what the diagnosis, if this bed rest can be had in the open air, on a porch or otherwise, it is sure to do good. Going to bed for a day or two is simply putting away savings against a rainy day.

A great many people engaged in strenuous brain work which entails a heavy output of nervous energy have discovered that it pays to stay in bed a day or two at frequent intervals.

People commonly harbor the notion that rest in bed causes weakness. This is an illusion based upon the fact that confining illness leaves the victim weak. When one voluntarily remains in bed a day or a week or many weeks for the sake of conserving health, the result is increased strength, as many tuberculosis patients have discovered to their joy.

Every movement of the body consumes a certain amount of energy. Fat or protein must be burned up to supply the energy. Lots of people are skinny and nervous and weak because they are always on the move, because they fail to obtain enough rest in bed or sitting down. More energy is used up in sitting down than in lying down. Therefore if the desire is to conserve the utmost energy, lie abed and grow fat.

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according to the monthly report issued today.

## COLONEL GREEN NOW A BENEDICT

Marries Miss Mabel E. Harlow of Chicago—Desires "A New Home."

CHICAGO, July 10.—Colonel Edward H. R. Green, son of the late Hetty Green, who in her lifetime usually was spoken of as the "richest woman in America," was married today. His bride is Miss Mabel Harlow, who, since the death of her mother five years ago, has resided with relatives in Highland park, a suburb of Chicago.

Colonel Green, who shares the \$100,000 estate left by his mother with his sister, Mrs. Matthew Astor Wilks, said that he was marrying for something millions can't buy — "a real home."

The "most proposed to man in the world," who declared that the newspapers had caused him to receive 9,000 letters of proposal in the past fifteen years, showed a human and democratic side in discussing his marriage.

"I am marrying the best and most sensible little lady in the world," he said. "I am marrying a quiet little lady to whom I can go when I am burdened with the troubles of the world; I am marrying for a real home. I want to say right now that I am not marrying a society bud. I am marrying a truly sensible woman. I do not know who is going to be the boss. All I can say is that I am going to try to be."

Colonel Green gave his age as 48 years and Miss Harlow's as 47.

## CUTICURA HEALED RASH ON ARMS

And Face. Skin Very Sore and Red. Itched and Caused Scratching and Loss of Sleep. Disfigurement for Time Being. Lasted Several Weeks.

"My trouble began on my arms and face. At one time it was a rash and at another was blisters almost like hives. The rash made the skin very sore and red. It itched, causing me to scratch and lose sleep at night, and it caused disfigurement for the time being. This lasted for several weeks."

"I was treated but did not get relief. Then I used Cuticura Soap and Ointment, and after using one box of Cuticura Ointment with the Cuticura Soap I was healed." (Signed) Miss Edna Moore, 648 Clatsop Ave., Portland, Ore., March 26, 1917.

No beauty doctor can do more for your complexion than Cuticura Soap, assisted when necessary by touches of Cuticura Ointment. Unlike strongly medicated soaps Cuticura Soap is ideal for the complexion because so mild, so delicate and so creamy.

For Free Sample Each by Return Mail address post-card "Cuticura, Dept. H, Boston." Sold everywhere. Soap 25c. Ointment 25c and 50c.

## SLADE

Can Move It. PHONE 321

Lie abed a little later mornings. Get to bed a little earlier evenings. Take a siesta afternoons. If you can't sleep, no matter. Lie down and keep perfectly quiet. Train your nervous system to keep quiet for a while. It is excellent training in self-control.

The week end rest begins as soon as you get home on Saturday, and lasts until you have to get back on the job Monday. Get right into bed and stay there. Have all food served in bed. No visiting. No talk. Just keep quiet and doze the time away. At the most, let some one read some good light literature for you.

Monday morning you will find that you have found new vigor and strength for the week's work.

## QUESTIONS AND ANSWERS

### Breaking Off the Petrolatum

I notice you advised some one to take liquid petrolatum (mineral oil) for three months, and then stop it for a while. Does that mean that there is any danger in taking it habitually, year in and year out? (A. L.)

ANSWER—No. The stuff is probably harmless. But in many instances, if it is taken regularly for a few weeks, then discontinued, the patient finds that a natural habit has been re-established, and the oil is no longer required. Why use it if it isn't needed?

### Rheumatiz, Baths, Mt. ....

Kindly advise me whether you think electric baths or a sojourn at Mt. ... would be preferable for one with rheumatism of the back and kidneys. (C. T. P.)

ANSWER—If I were the unlucky patient, I think I should first consult a good doctor. Of course, a good doctor never tells a patient she has "rheumatism of the back and kidneys" not if he expects to retain the patient's confidence. There are many ailments masquerading under the name of "rheumatism" which may be relieved somewhat by electric treatment, even by a visit to Mt. ... or other resort, and cases of so-called "rheumatism" run their course and go on to recovery in spite of a visit to Mt. ... or other resort, and these accidents make the resort famous.

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## BAR SILVER AT THE TOP MARK

NEW YORK, July 10.—Bar silver was quoted at 79½ cents an ounce in the local market today, the highest price since the beginning of the war. The advance was almost wholly attributed to the increased foreign demand for the metal, silver having been substituted for gold coin by most of the European countries.

## CARD OF THANKS

We desire to extend our sincere and heartfelt thanks to our friends and neighbors for their many acts of kindness and assistance shown us during the late illness and death of our beloved son Charles, also for the many beautiful floral offerings.

(Signed) MR. AND MRS. ADAMS.

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## Society

FROM SALT LAKE.

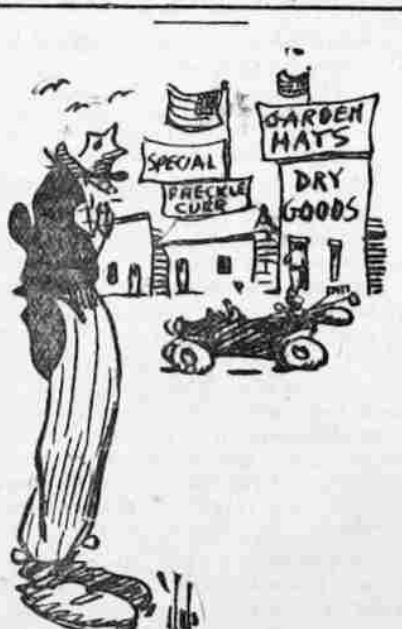
Mrs. M. R. Savage and daughter, Dorothy, of Salt Lake, are visiting relatives in Ogden for a few days.

PLEASANT DAY AT GLENWOOD. Glenwood's varied attractions and cool shade coaxed the ladies of the White Rose club last Friday afternoon and a delightful time was spent in the park with the Mesdames J. C. Green and Hyrum Preece as hostesses. Several games of high five were played and the Mesdames Miller, Checketts, Jewell and Bell received the honors. Later a basket luncheon was served.

Those who enjoyed the afternoon's entertainment were: Mesdames Light, Turner, Moore, Bell, Walker, Wagner, Scherer, Harris, Lloyd, Miller, Murphy, McBratney, Jewell and Checketts.

ANNUAL PICNIC. The ladies of the Auxiliary to the O. R. C. will hold their annual picnic

## Abe Martin



There never wuz much of a farm when ther wuzn' a hustlin' wife. Loafin' around worryin' about th' government must be healthy. We know a fellow that's been doin' it for forty years, an' he looks good for forty more.

## Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but experiments, and endanger the health of Children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other narcotic substance. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## The Kind You Have Always Bought

Bears the Signature of

Chas. H. Fletcher  
In Use For Over 30 Years  
THE CENTAUR COMPANY, NEW YORK CITY.

at Lagoona next Tuesday, July 17, and all members of the organization and their families are invited to spend the afternoon and evening at the pretty resort. The ladies will leave on the 2:30 train.

## FROM LOS ANGELES.

Mrs. C. H. O'Hannett of Los Angeles is an Ogden visitor at the home of her son, George Reynolds, 3025 Adams avenue.

## HOUSE GUEST.

Mrs. Don Maguire has as her house guest, her sister, Mrs. G. A. Barnes of Arcade, New York.

## MR. AND MRS. ECKBO HOME.

Mr. and Mrs. Nils B. Eckbo have returned from their honeymoon trip, which included all Pacific coast places of note. Mrs. Eckbo was Miss Pamela Spargo.

## AT THE VIRGINIA.

Mrs. J. C. Armstrong, formerly a resident of Ogden, but who now has her home in California, is spending a few weeks at the Virginia.

## SPENT MONTH ON COAST.

Mrs. John Furlong has returned from California where she spent a delightful month with her daughters, Mrs. T. E. Easton at Berkeley and Mrs. Grover Post of Los Angeles.

Mr. and Mrs. R. L. Davenport of Holyoke, Mass., are visiting in Ogden with Mr. Davenport's father, J. E. Davenport. The couple are on their honeymoon trip and will remain in Ogden a few weeks.

The Baptist Kensington meeting to have been held with Mrs. J. Smith, 1265 Twenty-fourth street, has been postponed.

## OWLS AT GLENWOOD WEDNESDAY.

Tomorrow evening at Glenwood, the Owls will take possession and will give a dancing party, the entire proceeds received from which will be turned over to the Red Cross, while ten per cent of all the park attractions will be given to the national organization. A good time is assured all who attend and a general invitation is extended to the public.

## CLEANING JEROME OF I. W. W. AGITATORS

JEROME, Ariz., July 10.—Hundreds of miners and citizens, some with rifles and others with pick handles, started at sunrise today to "clean" the town of agitators whom they considered undesirable, as the result of a strike called Friday by the metal miners branch of the Industrial Workers of the World, which members of the

Questions answered by Alicia Hoy (Miss Hoy will answer in this column all questions on matters of etiquette addressed to her in care of this paper. If a personal answer is desired include a two-cent stamp.)

A D.—Yes, it is quite correct if you to be married in your travel costume, which you say is rather handsome three-piece suit, and wedding will be a small one. You should not wear the jacket of your suit and you may wear your hat, not, as you choose, since it will be home wedding. I think, though, I should wear a hat and gloves. Wedding announcements are sent by the bride's family after the ceremony. They are merely invitations call upon the bride, and the people who receive them are not expected to send gifts.

S. W.—We never correct the social mistakes of other people. One of the first rules of etiquette is: "Correct your own faults, but be blind to the faults of others."

## Look for this signature

W. H. Kellogg

## Kellogg's Krumbles

All Wheat Ready to Eat

W. H. Kellogg

W. H. Kellogg

W. H. Kellogg

W. H. Kellogg

W. H. Kellogg

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